

Daddy's Story

An introduction for younger children
to learn about a parent's MS



Multiple Sclerosis Association of America

Daddy's Story

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MSAA strives to provide useful, up-to-date information on matters of concern to MS patients and their families. This material is intended for general informational purposes only, and it does not constitute medical advice. You should not use the information presented as a means of diagnosis or for determining treatment. For diagnosis and treatment options, you are urged to consult your physician.

To Our Readers,

This publication was written to encourage parents with multiple sclerosis (MS) to begin the conversation about the diagnosis and ongoing implications of MS with young children. This book is suitable for children ages three to seven. Our hope is that as parents share this special book with their young children, it will be the start of a conversation that is ongoing throughout their children's development as the family learns to live together with the disease. Encouraging children to express and name their feelings will create a positive experience for both parents and children as they learn to understand and successfully manage MS within the family.

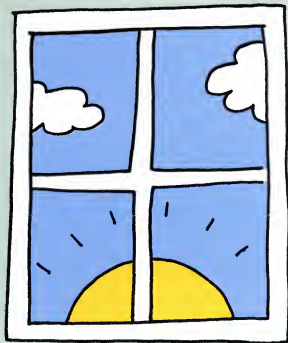


An important fact to remember is that parents are the very first and most vital teachers in the lives of growing children. Parents teach children from the very beginning that life is indeed a journey, marked with change and transition. Our intention is that readers will use this book to guide children in understanding multiple sclerosis, helping to reduce any fear or anxiety, while showing them the importance of loving and caring for one another.

Cindy Richman
MSAA Senior Director of Services

*If you have any questions about MS in general, or would like to discuss specific issues relating to MS and the family, please call MSAA's Helpline at (800) 532-7667 to speak with a client services consultant, or email **MSquestions@mymsaa.org**. We hope you enjoy the book!*

Your daddy is very special.
He loves you more than
anything else in the
whole world.





Your daddy takes good
care of you.

He helps you get
dressed.



He gives you good
things to eat.



He plays with you.



He kisses you
goodnight.



Some daddies have something called "multiple sclerosis." An easy name for this is "MS." Does your daddy have MS? If so, he may not feel well all of the time.

Sometimes your daddy might have trouble with his eyes and not see things as well. When this happens, he might want to stay at home and have some quiet time.

Sometimes your daddy may feel tired or sleepy. He may want to rest or take a nap.



If your daddy needs some quiet time or is feeling tired and needs to rest, you can help make him feel better. Maybe your daddy needs something while resting, like a soft pillow. You can help by bringing the pillow to him.



You can also help by playing quietly nearby and not making too much noise. Coloring pictures, doing a puzzle, or looking at a book are good things to do when you don't want to make any noise.



Sometimes your daddy might not feel strong, or maybe something hurts a little.

When this happens, your daddy may walk more slowly and be more careful. When walking together, you can help by holding hands and not going too fast.





Sometimes your daddy might use
a cane, a walker, a wheelchair, or a
scooter. These things make it easier for
your daddy to move around and go places.
You can help by holding a door open when needed.

Not everyone uses a cane, a walker, a wheelchair, or a scooter, so these might look new and different to you and to your friends. But that's okay. These things are very helpful, and once you've seen them a few times, they won't look new or different anymore!

Sometimes your daddy may not feel happy. He might have a sad face, or maybe even a mad face.



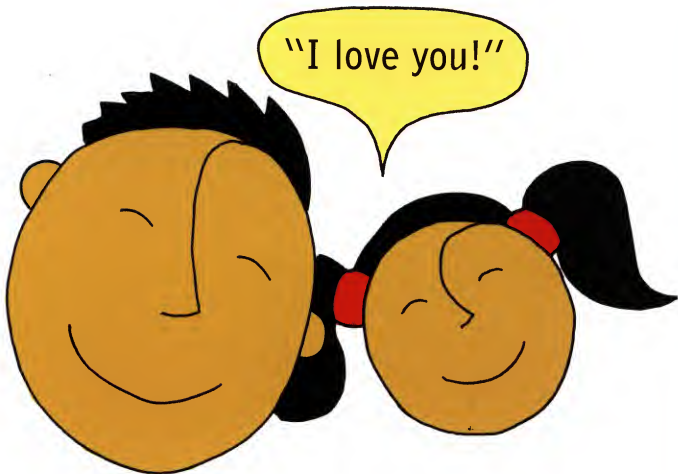
This is not your fault.
It's just how daddy is
feeling at the time.




If you wait a little while,
daddy will feel happy again,
and have a happy face!




When daddy is feeling sad or even mad,
you can help by giving him a hug and saying,



And before you know it, daddy's happy face will come back.



Everyone gets sick at one time or another. Sometimes you might have a cold, and this makes you sneeze and blow your nose. When you don't feel well, your daddy may give you some medicine to help you feel better.

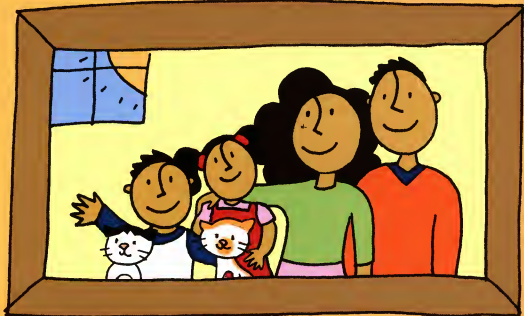


Your daddy may sometimes have a cold, just like you! And sometimes daddy doesn't feel well because of his MS. Daddy may need to take medicine to help him feel better. Sometimes he will take a pill, or sometimes he will use a needle.

When you have a cold, you try not to sneeze too close to others, because you don't want them to catch a cold and sneeze, too!



But no one will get MS from your daddy. It's not like a cold! It's just something that some people have, but no one can catch it from one another.



Sometimes your daddy will go to see the doctor. Sometimes he may visit the hospital. Seeing a doctor or visiting the hospital will help your daddy to feel better.

If you don't know about something, be sure to ask questions. This will help you to understand what your daddy is doing and how he is feeling.

If your daddy will be in the hospital for a few days, you can draw a picture or write a letter to send to him. This will help to make your daddy feel happy.





Your daddy takes good care of you, but sometimes someone else may need to help. This may be your grandmother or grandfather... an aunt or uncle... a sister or brother... a baby-sitter... or maybe a good friend. This person can help to take care of you until your daddy feels better.

Does your daddy have MS? He may sometimes feel tired or walk more slowly, but that's okay. Your daddy takes good care of you, and you can help him, too – by doing things like bringing a pillow... playing quietly... holding hands... opening a door... giving hugs... and saying, "I love you!"





Your daddy is very special.
He loves you more than
anything else in the
whole world.

And that's Daddy's Story.



The mission of the Multiple Sclerosis Association of America (MSAA) is to enrich the quality of life for everyone affected by multiple sclerosis. MSAA accomplishes its mission by offering many vital programs and services to members of the MS community.

MSAA's free programs and services include: a toll-free telephone Helpline with trained consultants; award-winning publications and website (featuring news updates, research articles, and MSi educational videos); Equipment Distribution Program; MRI Institute and MRI Diagnostic Fund; regional events and activities; and much more. Newer programs include tools to help individuals manage their MS, such as: My MS Manager™ (a free application for mobile phones to track and record symptoms, medications, and other details); My MS Resource Locator (to find nearby professionals and programs); and MSAA's S.E.A.R.C.H.™ program (to learn about the FDA-approved treatments for MS). Please call (800) 532-7667 or visit mymsaa.org for more information.

Help or support to MSAA in any way is truly appreciated. To make a donation or inquire about fundraising (including MSAA's Swim for MS program), please call (800) 532-7667 or visit mymsaa.org.

Daddy's Story received a 2011 National Health Information Award as well as a 2011 Magnum Opus Award. Its counterpart, *Mommy's Story*, received a Grand Award in the APEX 2007 Awards for Publication Excellence; was honored in the 2007 National Health Information Awards; and was included in the American Corporate Identity 2008 book as well as the 2009 Big Book of Self Promotion by Crescent Hill Books/HarperCollins.



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